

PHSE/RSE Planning Pythons Term 1

Learning objectives	Activities	Resources
To understand the Zones of Regulation and how I am feeling	Zones of regulation activities. Check in. Matching feelings with zones	Zones pictures
To develop an understanding of how to be a good friend	Circle time - being a good friend	Good friend/ bad friend examples
To recognise how to stay safe at school	Class rules - 'Pythons' Pact'	Circle time, Pact displayed
To understand how to stay safe when walking/crossing the road	Green cross code, walk to Longfield. Identify zebra/pedestrian crossings. Practise 'Stop, look, listen'	Risk assessment Green cross code video
To explore how to stay safe at home	Identify hazards at home in different rooms.	Kitchen, bathroom, living room hazards pictures
To develop my understanding of who keeps us safe	Pictures of people who keep us safe; Police, nurses, doctors, dentist, fire men, teachers. Discuss uniforms	Pictures of people who keep us safe Video clips
To understand how I can help myself when I am in the yellow/red zone	Zones toolkits - cut and stick	Cut and stick zones toolkits